

# Corn

This unprocessed whole grain is used primarily for distribution in emergency situations and to a lesser extent in Food for Work (FFW) and Maternal and Child Health (MCH) programs.

## 1. NUTRITIONAL VALUES (per 100 g)

These are average values, taken from the U.S.

Department of Agriculture, Agricultural Research Service (USDA:ARS) 1998 USDA Nutrient Database Laboratory Home Page, Release 12,

(<http://www.nal.usda.gov/fnic/foodcomp>). These nutrient values are provided as a guide for use in the calculation of food aid rations; users should be aware that shipments of food aid may vary from these exact values.

## 2. COMPONENTS

100% Yellow Corn

## 3. SPECIFICATIONS

Class: Yellow  
Grade: No. 2 or better  
Moisture (Max.): 14.5%  
Test weight (Min.): 54.0 lbs./bu.

(Source: USDA:FSA:PDD:EOB April, 1996.

Contact 202-690-3565

<http://www.fas.usda.gov/excredits/pl480/commodities/corn.htm>)

## 4. PACKAGING

50 kg (110.23 lb.) bags of woven polypropylene. This fabric contains an inhibitor to resist ultra-violet absorption along with an anti-skid coating.

## 5. SHELF LIFE

At least one year. See "Section III: Storage/Shelf Life Specifications" for more information.

Nutrient	Amount	Unit
Water	10.3	g
Energy	365.0	Kcal
Protein	9.4	g
Total Lipid	4.7	g
Carbohydrate	74.3	g
Fiber, total dietary	n/a	g
Ash	1.2	g
Calcium	7	mg
Iron	2.71	mg
Magnesium	127	mg
Phosphorus	210	mg
Potassium	287	mg
Sodium	35.0	mg
Zinc	2.2	mg
Copper	0.3	mg
Manganese	0.5	mg
Selenium	16	mcg
Vitamin C	0	mg
Thiamin	0.39	mg
Riboflavin	0.20	mg
Niacin	3.63	mg
Pantothenic acid	0.4	mg
Vitamin B-6	0.6	mg
Folate	19	mcg
Vitamin B-12	0	mcg
Vitamin A	469	IU
Vitamin E	0.8	mg-ATE
Vitamin D	n/a	IU
Iodine	n/a	mcg